

#### ABSTRACT

The present invention provides a polymerizable composition and a resin formed object capable of providing a crosslinked cycloolefin resin formed object and a crosslinked cycloolefin resin composite excellent in heat resistance, more specifically, a polymerizable composition comprising a cycloolefin mixture containing 0.1 to 50% by mole of a cycloolefin having, as a substituent group, a monovalent group including an aliphatic carbon-carbon unsaturated bond, a metathesis polymerization catalyst, and a radical generating agent; and formed objects produced by using a polymerizable composition described above which preferably further comprises a chain transfer agent and making the cycloolefin mixture undergo at least ring-opening polymerization.